

Healthy Holidays

JOIN US FOR A 6-WEEK TRACKER PROGRAM

Focus on boosting all aspects of our health during the holidays!

Participate in challenges that highlight 6 dimensions of health:

SOCIAL
INTELLECTUAL
SPIRITUAL



PHYSICAL
ENVIRONMENTAL
EMOTIONAL

Program Runs: November 20th - December 31st

Sign up by **5:00PM** on November 17th

REGISTER HERE!



Questions? See our [FAQ here](#), or Contact us at myhealthylifestyles@slco.org